



Vegan Raspberry-Ginger Parfait with Dairy-Free Coconut Whipped Crème

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



404 kcal

Ingredients

- ☐ 1.5 Teaspoon agar powder
- ☐ 0.3 cup agave nectar light
- ☐ 3 Ounces bittersweet chocolate coarsely chopped
- ☐ 2.5 cups brown rice cereal crispy
- ☐ 2 Tablespoons canola oil
- ☐ 25.5 Ounce coconut milk chilled
- ☐ 1 Tablespoon cornstarch
- ☐ 0.5 cup crystallized ginger diced finely

- ☐ 0.5 Teaspoon coffee powder instant
- ☐ 0.3 cup orange juice
- ☐ 4 cups raspberries fresh frozen
- ☐ 0.3 Teaspoon salt
- ☐ 0.3 cup confectioner's sugar
- ☐ 1 Teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ stand mixer
- ☐ microwave
- ☐ spatula

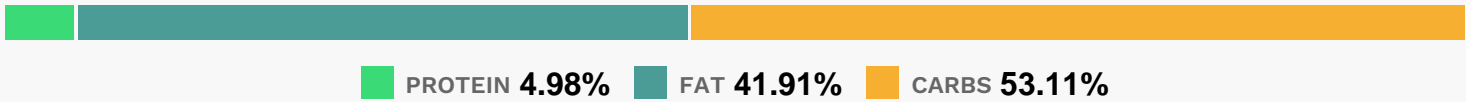
Directions

- ☐ Using a blender or food processor, thoroughly puree the raspberries so that the mixture is as smooth as possible. Pass it through a fine mesh strainer, and discard the solids. You should be left with about 2 2/3 cup of seedless raspberry puree; if you end up with less, add apple juice until you reach that amount. In a medium sauce pan, whisk together the seedless puree, agave, orange juice, cornstarch, and agar vigorously to prevent any of the dry ingredients from clumping. Once homogeneous, set the sauce pan over medium heat, and stir occasionally. Meanwhile, distribute about 1 tablespoon of the diced ginger into the bottom of each of your (8 – 1
- ☐ parfait glasses. When the mixture just begins to boil, quickly turn off the heat, and pour an equal amount into each glass. Allow the raspberry layer to cool at room temperature until solidified (about 1 hour) before transferring all of the glasses into the refrigerator to chill. To make the chocolate crunch, place the chocolate and oil in a microwave-safe dish, and heat them for about 1 minute, checking at 30 seconds to ensure that the mixture doesn't burn. Stir

well until completely smooth and all the pieces of chocolate have melted.In a large bowl, combine the brown rice cereal, coffee powder, and salt.

- ☐
- Pour the chocolate mixture in, and mix well with a large spatula, being careful not to crush the cereal. Once well coated, pour the cereal out onto a silpat, and spread it out into as thin a layer as possible.
- ☐
- Place this in the refrigerator to solidify (about 30 minutes.)For the coconut whipped cream, do NOT shake the can of coconut milk. Simply open the can and use a large spoon to skim off all of the thick cream on top. You will be left with some thin coconut milk in the bottom of the can, but you can use that in another recipe.
- ☐
- Place the coconut cream, confectioner’s sugar, and vanilla in your stand mixer, and whip on high for about 5 minutes, until thick and fluffy like whipped cream.To assemble your parfaits, crumble pieces of the chocolate crunch into each glass to form an even layer. Spoon the coconut whipped creme on top, and garnish with lightly toasted coconut flakes and/or additional fresh raspberries if desired.

Nutrition Facts



Properties

Glycemic Index:26.57, Glycemic Load:23.01, Inflammation Score:-5, Nutrition Score:13.695652195293%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 404.17kcal (20.21%), Fat: 19.27g (29.65%), Saturated Fat: 13.35g (83.43%), Carbohydrates: 54.96g (18.32%), Net Carbohydrates: 50.42g (18.33%), Sugar: 17.58g (19.53%), Cholesterol: 0.43mg (0.14%), Sodium: 60.31mg (2.62%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Caffeine: 7.4mg (2.47%), Protein: 5.15g (10.3%), Manganese: 2.31mg (115.49%), Magnesium: 106.51mg (26.63%), Phosphorus: 193.54mg (19.35%), Iron: 3.45mg (19.17%), Copper: 0.37mg (18.61%), Fiber: 4.54g (18.17%), Vitamin C: 14.7mg (17.82%), Vitamin B1: 0.2mg (13.6%), Vitamin B6: 0.26mg (12.96%), Vitamin B3: 2.46mg (12.32%), Potassium: 352mg (10.06%), Zinc: 1.5mg (9.99%), Vitamin B5: 0.85mg (8.46%), Folate: 28.21µg (7.05%), Vitamin K: 6.68µg (6.36%), Vitamin E: 0.86mg (5.74%), Calcium: 39.19mg (3.92%), Vitamin B2: 0.05mg (2.85%), Selenium: 0.83µg (1.19%)